

You're Someone Special

Over \$150 in Savings!

Offers Good Apr. 24 to May 7, 2024

Lemon Poppyseed Strawberry Shortcake





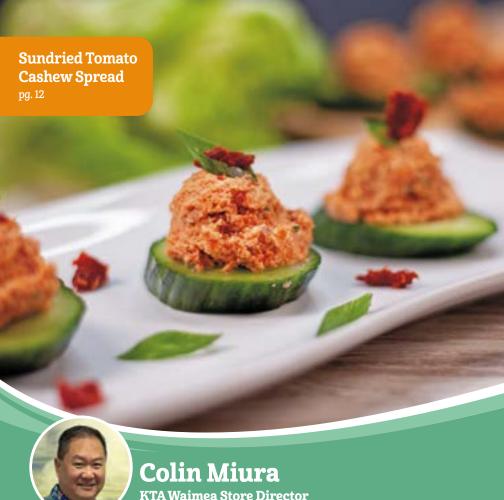








Sundried Tomato Cashew Spread pg. 12 Tofu Foo Yung pg.40



Aloha KTA 'ohana, With graduation season right around the corner, we like to celebrate with the time-honored tradition of making and giving lei. For high school and college grads, go simple with tying a ribbon through the top of peg bag candies or snacks and attaching a cute name tag. Even better if you add a gift card or certificate!

For younger keiki, make a candy lei with clear cellophane, about 40 inches long and six inches wide. Place candies down the center, fold the cellophane over and then roll the candy towards the other end of the cellophane. Tie a ribbon around between each candy, overlap the two ends of the lei and tie a ribbon to close.

If you are in a pinch for time, KTA also carries beautiful flower lei and pre-made candy lei. How do you celebrate graduation season with your 'ohana? Share them with us and always remember, you're someone special at KTA since 1916.











Lemon Poppyseed Strawberry Shortcake

pg. 30

Tofu **Foo Yung**





Coupons

Grocery	4
Perishables	42
Health & Beauty	48
Household	52
Wines & Spirits	60
Coupon Index	63

Featured Chef

Alyssa Moreau

Eating Well, Better Homes and Gardens,



\$150 in savings at ktasuperstores.com/stay-in-touch or scan the code!

The recipes within are provided as suggestions only as part of our service to customers and are intended for use by persons having appropriate technical skill, at their own discretion and risk. KTA Super Stores cannot guarantee that favorable results will be obtained from their use, and assumes no obligation or liability and makes no warranties with respect to these recipes.



Libby's offers ready-to-eat, plump and tasty Vienna sausages, corned beef and more. Make quick snacks, easy entrèes or add to your favorite recipes.







With Chicken & Pork

Libby's Luncheon Loaf

12 oz.

239





Van Camp's Pork and Beans

8 cans - 15 oz.

10²⁹

No Preservatives

Chef Boyardee

Pasta Meals

14.5 to 15 oz.

189



Wendy's Chili with Beans

15 oz.



Quality taste in every can.





www.libbysmeats.com

With Chicken, Beef & Pork

Libby's **Vienna Sausage** 18 cans - 4.6 oz.

Without coupon 12.99, limit 5 per coupon







1317-100

Breakfast favorite!

Libby's **Corned Beef** 12 oz.

Without coupon 5.29, limit 5 per coupon





1319-30



Brunswick Sardines

Gourmet Brisling 4.23 oz.

or Snow's Clam

Chowder 15 oz.

2²⁵



Wild Caught Bumble Bee Sockeye Salmon 7.5 oz.

497



Black, Kidney, Pinto or Red

Bush's Best

Chili Beans

15.5 to 16 oz.



High in fiber!
Bush's Best
Baked

Beans 28 oz.

279



In Chili Sauce

Hormel Beef Tamales

Tamale 15 oz.

739



Green or Red

La Victoria Mild Taco Sauce

8 oz.



No Preservatives

Dinty Moore Beef Stew 20 oz.

329



Hot dog topper!

Hormel No Beans Chili

15 oz.



In Oil or Water

Bumble Bee Chunk Light Tuna

97¢

Without coupon 1.27, limit 10 per coupon







Regular or Reduced Sodium **Bush's Best Beans**

Black, Garbanzo, Cannellini, Kidney, Great Northern or Pinto 15 to 16 oz.

99¢

Without coupon 1.19, limit 5 per coupon



Excludes Organic & Chili



I 24 to May



Mild Red

La Victoria Enchilada Sauce 10 oz.

199

l ea.

Without coupon 2.39, limit 5 per coupon







1364-40



May 7, 202

Corned or Roast Beef

Hormel Mary Kitchen Homestyle Hash

14 oz.



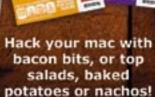


It's finally here. Kraft & NotCo teamed up to bring you plant-based mac & cheese that doesn't compromise on what you love.

Savor snack size ooey gooey goodness in minutes with microwaveable mac & cheese cups!







www.kraftmacandcheese.com

Real

Oscar Mayer Bacon Bits or Recipe Pieces 2.8 to 3 oz.

229



Sauce & Spread Classico Traditional Basil Pesto

379



Notco

Kraft Plant Based Mac & Cheese

2:\$5



Microwaveable
Kraft Mac
& Cheese
Dinner
4 cups





From sharing laughs, love, and good home cooked food, Classico sauces are the choice of chosen families everywhere.



www.kraftheinz.com/classico/recipes

Alfredo or Red Classico Pasta Sauce

15 to 24 oz.

Without coupon 3.69, limit 8 per coupon





1342-40



Made with real broth!

Heinz Homestyle Gravy 12 oz.

Without coupon 2.79, limit 8 per coupon







1343-40



Table Cream Nestlé Media Crema 7.6 oz.





Assorted

Gamesa Cookies

15.5 to 19.7 oz.

McCormick Grinder

Salt, Peppercorn .85 to 2.5 oz. or

Black Pepper

Pure Ground 1.5 oz.



McCormick Pure Extract

Vanilla 1 oz., Almond or Lemon 2 oz.



Mott's Applesauce Original or No Sugar Added 6 cups - 3.9 to 4 oz.

Traditional or Rich & Hearty

Progresso Soup Savings! 18.5 to 19 oz.



Chicken, Vegetable or Beef

Knorr **Bouillon** Cubes 6 count



Cooks in minutes!

Knorr **Pasta** Sides

4 to 4.4 oz.



Alphabets, Fideo, Shells, Stars or Vermicelli

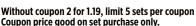
La Moderna Pasta Sale!

7 oz.

2:99¢

SALOPINA SALOPINA MARKATANA

1367-20 May 7, 20



Au Jus, Chili, Spaghetti Sauce, Beef Stew or Fajita Mix

Lawry's Gravy or Spices & Seasonings

1 to 1.5 oz.

4¦\$5,

ea. set

Without coupon 4 for 6.00, limit 2 sets per coupon Coupon price good on set purchase only.





1372-100



100% Natural

Swanson Chicken Broth

32 oz.

279

Without coupon 3.29, limit 8 per coupon





1345-50



May 7, 2024

Soup or Soup & Dip Mix Lipton Recipe or Soup Secrets 2 count





Marinade & Grilling Kona Coast Teriyaki Sauce

319



Sun-Ripened Mezzetta Dried Tomatoes 8 oz.



Sundried Tomato Cashew Spread

2 cup raw cashews

½ cup water, or more if needed pg.24,25

1 cup sun-dried tomatoes and/or chopped red pepper pg.12

1/4 cup cilantro, basil or green onion, chopped

cayenne or chili flakes

2 garlic cloves, minced

1 lemon, zest and juiced

½ tsp. salt

1 to 2 local cucumber

Soak cashews in warm water for 30 minutes so it will be easier to process nuts.

Combine the cashews, water, sun-dried tomatoes, and/or peppers, cilantro, cayenne or chili flakes, garlic, lemon zest, juice and salt in a food processor and blend until smooth.

Slice cucumber and top with the spread. Garnish with extra herbs.

Also makes a great spread for wraps or nori rolls.

Servings:

6 servings

Total Time:

20 minutes

Pair With:

AriZona Tea pq.23

Deli-Sliced

Mezzetta Peppers or Peperoncini

16 07

Without coupon 2.49. limit 5 per coupon









1306-20



Crafted Black Lindsay Sliced Olives 3.8 oz.

229



Medium Green Lindsay Crafted Olives 6 oz.

259



Best Foods Mayonnaise

Real, Spicy Dressing or Garlic Aioli Dip & Spread 11.5 oz. squeeze

399



Plant Based

Best Foods

Vegan Dressing

& Spread

24 oz.

599



Regular or No Salt Added

Del Monte Tomato Sauce 8 oz.

79¢



Quality
Del Monte
Green Beans
or Sweet Corn
14.5 to 15.25 oz.

2:\$4



Cocktail or Tartar

Kraft Sauce Sale!

219



Garlic or Chipotle
Kraft
Aioli
Sauce
12 oz.



California Ripe Pitted

Lindsay Medium Black Olives

6 oz.

219

Without coupon 2.39, limit 5 per coupon







Real

Best Foods Mayonnaise

48 oz.

699

Without coupon 7.99, limit 5 per coupon





24 to M

1304-100

100% Natural

Del Monte Tomato Ketchup

24 oz.

2°53 ea. sei

Without coupon 2 for 3.50, limit 4 sets per coupon Coupon price good on set purchase only.





1309-50



May 7, 202



Original or Thick & Chunky
Hunt's Manwich
Sloppy Joe
Sauce
15 to 15.5 oz.

18



Original, Mild or Fire-Roasted

Ro-Tel Diced Tomatoes & Green Chilies

199_{ea.}



Traditional Classico Pizza Sauce

188



The Original
Lea & Perrins
Worcestershire
Sauce

219



All-Vegetable
Crisco
Shortening
Baking Sticks
20 oz., 3 count

599



All-Vegetable
Crisco
Shortening
Savings!
48 07.

R99



White or Red Star Wine Vinegar

2:\$5



Premium

Star

Balsamic

Vinegar
12 oz.



Drizzle over salad!

Wish-Bone **Dressing**

15 oz.

Without coupon 2 for 6.50, limit 4 sets per coupon Coupon price good on set purchase only.







Distilled

Heinz Apple Cider Flavored Vinegar

64 oz.

Without coupon 3.99, limit 5 per coupon







Canola or Vegetable

Crisco **Pure Oil** 128 oz.

Without coupon 14.99, limit 5 per coupon





1301-100







Naturally Decaffeinated

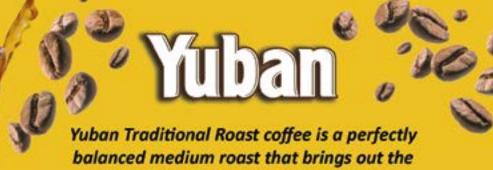
Sanka **Instant Coffee** 8 07.



Ground or Whole Bean

Gevalia **Arabica Coffee** 12 07-





Yuban Dark Roast coffee provides a bold, intense flavor from expertly roasted premium beans.

natural complexity of premium coffee.



Signature Taste. Tantalizing Aroma.

Traditional or Dark Roast **Yuban Ground** Coffee 25.3 to 31 oz.

Without coupon 8.99. limit 3 per coupon







Marshmallow Lovers or Unicorn Marshmallows

Swiss Miss Hot Cocoa Mix 6 count

389



Marshmallow Super Value Pack

Swiss Miss Hot Cocoa Mix 41.4 oz., 30 ct.

919



Concord Welch's Grape Jelly 12 oz.

329



Classic Malt Ovaltine Drink Mix 12 oz.

5²⁹



Coffee & Milk Beverage

Dunkin' Iced Coffee

319



Assorted Soda Coca-Cola, Dr. Pepper or Sprite 6 btls. - 16.9 oz.

779



BodyArmor Sports Drinks

Regular or Lyte

28 oz.

199



Regular or Zero Sugar

Glacéau Vitamin Water 20 oz.

2:\$4



Milk Chocolate, Marshmallow, Dark Chocolate or Variety Pack

Swiss Miss Hot Cocoa Mix

8 count

Without coupon 3.19, limit 5 per coupon







Quality **Bigelow** Tea Sale!

18 to 20 ct.



Without coupon 3.19, limit 5 per coupon

Soda savings!

Coca-Cola, Sprite or Dr. Pepper 24 cans - 12 oz.

Without coupon 16.19, limit 2 per coupon





1338-60



Assorted Monster or Reign Energy Drinks

15.5 to 16 oz.



Excludes Reign Storm

With Nata de Coco Mogu Mogu Flavored Drinks 320 ml.





100% All Natural Alō Aloe Vera Pulp & Juice 16.9 oz.

2:\$4



Natural Flavored
Hawaiian Sun
Pancake
Mix

1'11A 6 oz.

339



Tropical Fruit Flavored Hawaiian Sun Premium Syrup 12.5 oz.

799



100% Juice or Grapefruit

Ocean Spray Juice Drink Savings!

499



Cranberry or Cran-Grape

Ocean Spray Juice Drinks

529



Liquid Drink Mix Crystal Light, Tang, MiO or Kool-Aid

2;\$7



Flavored Kool-Aid or Tang Drink Mix 19 to 20 oz.



Refreshing!

AriZona Drinks

22 oz.

2;\$3

riZon riZon weet Te

Without coupon 2 for 3.50, limit 4 sets per coupon
Coupon price good on set purchase only.



1312-50

Fruit or Tea

Hawaiian Sun Natural Drinks

6 cans - 11.5 oz.

2^f \$6⁵⁰ ea. set





i to May 7,

1316-50

Without coupon 2 for 7.00, limit 6 sets (3 cases) per coupon Coupon price good on set purchase only.

Cranberry or Blends

Ocean Spray Juice Drink

64 oz.

429

Without coupon 4.59, limit 5 per coupon





1305-30



4ay 7, 2024

Flavored

Kool-Aid Bursts Soft Drinks

6 count

2:\$3



Purified
Hawaiian
Mountain
Fresh Water
1.5 liters

99¢



Distilled or Purified
Hawaiian
Mountain
Fresh Water
128 oz.

2:\$7



Orange

Essential Everyday Marmalade

329



Apricot

Essential Everyday Preserves

399



Fork Split

Bubba's English Muffins

399



Healthy, made delicious!

Bubba's Sliced Bagels 6 count

5¹⁹



Great for dips!

Wild Harvest Organic Tahini

779



Creamy

Wild Harvest Almond Butter 12 oz.



Purified

Hawaiian Mountain Fresh Water

35 bottles -16.9 oz.

1149

Without coupon 11.79, limit 5 per coupon







Fill with ice cream!

Essential Everyday Ice Cream Cups

1.75 oz., 12 count

179_{ea.}

Without coupon 1.99, limit 3 per coupon





to May 7, 3

1330-20

White or Wheat

La Tour Japanese Style Bread

18 oz. loaf

499

Without coupon 5.19, limit 5 per coupon





1711 20



y 7, 2024

Creamy or Crunchy

Wild Harvest Organic Peanut Butter Spread



Butter, Kinako, Teriyaki or Sea Salt

Beika Mochi Crackers 2.4 to 6.8 oz.

5³⁹



Organic Coco Soul Coconut Milk

599

42.3 oz.



Assorted
Raley's
Cereal
Savings!
12 to 18.7 oz.

399



Old-Fashioned or Quick Raley's Whole Grain Oats Cereal 42 oz.

579



Mariani Dried Fruit

Cherries, Blueberries, Probiotic Apricots, Prunes 3.5 to 7 oz., Pineapple or Mango Chips 1 oz.

399



Mariani Dried Fruits No Sugar Added Mango, Ultimate, Organic Malatya

Apricots, Mango or Pitted Dates

459



All Natural Libby's 100% Pure Pumpkin

389



Sweetened

Nestlé Carnation Condensed Milk

289

14 07.



Baby Food with Aloha

Piko Provisions Pure Baby Food

3.2 oz. pouch

Without coupon 3.99, limit 5 per coupon







Fruit Cocktail, Peaches or Pears

Raley's **Assorted Fruit** 15 oz.

Without coupon 2.19, limit 8 per coupon





1346-40



Mariani Dried Fruits

Tropical Pineapple, Mediterranean Apricots, Coconut, Prunes, Chopped, Pitted Dates, Mango, Vanilla Yogurt Raisins, Reg. or Organic Cranberries 4 to 8 oz.

Without coupon 2 for 7.50, limit 4 sets per coupon Coupon price good on set purchase only.





1331-50



Vitamin D added! **Nestlé Carnation Evaporated Milk** 12 oz.

ea.





Angel Flake

Baker's Sweetened Coconut 7 oz.

199

Unflavored Knox Original Gelatine 8 oz., 32 ct.

1399



Rosemary Garlic Parmesan

Red Lobster Biscuit Mix 11.36 oz.

289



Bread & Muffin Mix

Krusteaz Honey Cornbread

2³⁹



Gluten Free
Los Pericos
Original
Tostadas

3:\$4



Verde, Medium or Hot

Herdez Salsa Sale!

3²⁹



Cranberry Orange

King Arthur Scone Mix

199

14 oz.



Neapolitan-Style
King Arthur
'00' Pizza
Flour
3 lbs.



Regular or Sugar Free

Jell-O Gelatin **Dessert Mix**

.3 to 3 oz.

Without coupon 5 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.





1324-100



Quick & easy!

Krusteaz Pancake or Waffle Mix 25.2 to 32 oz.

Without coupon 2.99, limit 5 per coupon





1308-20



Traditional, Tamal or Nixtamasa

Maseca Corn **Masa Flour** 4 lbs.

Without coupon 6.49, limit 5 per coupon





1365-50



King Arthur Flour

Whole Wheat, White Whole Wheat or **Unbleached Bread** 5 lbs.







Betty Crocker Cookie Mix

17.5 oz.

349



Muffin & Quick Bread

Betty Crocker Wild Blueberry Mix

16.9 oz.



Lemon Poppyseed Strawberry Shortcake with Coconut Whip

1 cup + 2 tbsp. white flour pg.31

1½ tsp. baking powder

¼ cup cane sugar, divided pg.33

1/4 tsp. salt

zest of half a lemon

1 tsp. poppyseeds

13.5 oz. can full fat coconut milk, refrigerated pg.40

2 tbsp. light oil pg.17

½ tsp. vanilla pg.10

½ tsp. lemon extract (optional) pg.10

2 cups sliced fresh or frozen strawberries, defrosted

Preheat oven to 425°F. Sift flour, baking powder, 3 tbsp. sugar and salt in a medium bowl. Add in the lemon zest and poppyseeds; mix well with a spoon.

Open can of chilled coconut milk and remove the solid portion from the top and place in glass measuring cup and return to refrigerator. Mix the $\frac{1}{2}$ cup of reserved liquid coconut milk, the oil and extracts together and stir into the flour mixture until just combined.

On a parchment lined board, form into a flat disk, about 1½" high. Cut into biscuits and place on parchment-lined baking sheet. Dust tops with a bit of reserved sugar. Bake for 15 minutes or until nicely browned on top. Cool on rack. Slice in half when cool.

While baking, mull the strawberries: mash part of the berries with sugar to taste and let sit. Whip the chilled coconut cream until thick. Add sugar if you want a bit of sweet. To serve, spread strawberries on open biscuit halves and top with coconut cream. Enjoy!

Servings:

4 servings

Total Time:

30 minutes

Pair With:

Risata Moscato D'asti pg.62

Premium Quality
Gold Medal
All-Purpose Flour
5 lbs.

449

Without coupon 4.99, limit 5 per coupon





1307-50

to May 7, 2024

No Sugar Added **Mott's 100% Apple Juice** 6 btls. - 8 oz.



Apple or Blends Mott's **100% Juice Drinks** 64 07.



Creamy

Duncan Hines **Frosting** 16 oz.

99



Chewy Fudge or Dark Chocolate

Duncan Hines Brownie Mix 18.2 to 18.3 oz.



Chocolate

Ghirardelli **Premium Baking Bar** 4 07



Premium

Ghirardelli **Baking Cocoa or Hot Cocoa Mix** 8 to 10.5 oz.



Grape or Peach

Fujiya Peko Gummv 1.76 07.



Flavored Meiji Meltyblend Chocolate 1.97 to 2.11 oz.



Essential Everyday Granulated Sugar

Without coupon 2 for 6.50, limit 4 sets per coupon Coupon price good on set purchase only.







Perfectly Moist

Duncan Hines Cake Mix

15.25 oz.

Without coupon 2.39, limit 5 per coupon







Premium

Ghirardelli **Baking Chips** 10 to 12 oz.

Without coupon 4.69, limit 5 per coupon





1314-20



Creme Flavored

Glico Pocky or **Pejoy Biscuit Sticks**

1.45 to 2.57 oz.

ea.





Candy Savings!

Hershey's XL, Cadbury Large Bar 3.5 to 4.5 oz., Hershey's Candy 4.48 to 7 oz. bag,

IceBreakers or Breathsavers

1.27 to 1.5 oz.



Assorted Pouches Hershey's, Brookside or barkTHINS 4.7 to 9.9 oz.

499



Loacker Quadratini

Bite Size Wafer Cookies 8.82 oz. or

Menz Bumbles

Candy Honeycomb

399



Assorted Bags Lindt or Ghirardelli Chocolates 4.1 to 5.32 oz.

539



Nabisco Snack Savings!

belVita Breakfast 8.8 oz., Premium Crackers 9 to 16 oz. or Newtons 10 oz.





Nabisco Sale!

Honey Maid Graham Crackers 12.2 to 14.4 oz., Nilla Wafers 11 oz. or Nutter Butter Wafers 10.5 oz.

2:59



Organic Baked Crackers

Annie's Cheddar Bunnies 7.5 oz.

399



Multi Grain, Sourdough or Rye

Wasa Whole Grain Crispbread



Assorted Singles Hershey's Candy

1.2 to 2.06 oz.

ea. set

Without coupon 4 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.







Chocolate Bars

Ghirardelli, Lindt or Chocolove 2 to 4.8 oz.

Without coupon 3.39, limit 8 per coupon







Nabisco Snacks

Chips Ahoy! Cookies 7 to 13 oz., Ritz Crackers 11.6 to 13.7 oz., Bits 8.8 oz., Crisp & Thins, Toasted Chips, or Cheese Crispers 7 to 8.1 oz.

ea. set

Without coupon 2 for 8.00, limit 5 sets per coupon Coupon price good on set purchase only.





1353-100



Made with whole foods!

Simple Mills Cookies or Crackers

4.25 to 5.5 oz.





Heart Healthy Sunchips Whole Grain Snacks 7 oz.



Enjoy with chips!

Fritos Cheese or **Bean Dip** 9 oz.

'99



Trail Mix

Planters Spicy Nuts & Cajun Sticks 6 oz.



Salted, Lightly Salted or Unsalted

Planters Mixed Nuts 10.3 oz.



Dry Roasted Fisher Sunflower

Kernels 7.25 07.



Whole Natural or Roasted Salted

Fisher Almonds Savings! 4.5 07.



Original or Flavored

Kaimana Ahi Tuna **Jerky** 1.5 to 2 oz.



Kaimana Flavored

Wicked Wahoo or Salmon

Jerky 2 07.

-99



Snack savings!

Cheetos, Fritos or **Funyuns Chips** 6 to 10 oz.





1315-100



Without coupon 2 for 9.00, limit 5 sets per coupon While supplies last, sorry no rainchecks! Coupon price good on set purchase only.

Salted or Lightly Salted

Planters Cocktail Peanuts

12 oz.

Without coupon 3.49, limit 5 per coupon





1340-20



Dry Roasted Fisher Peanuts 14 oz.

Without coupon 4.19, limit 5 per coupon





1341-20



Ahi Tuna, Salmon or Wahoo Kaimana Jerky **Variety Pack** 9 to 10 count



Strawberry, Green Tea, Tiramisu or Maple

Royal Family Mochi 6.34 to 6.35 oz.

2:\$5



Grilled Seaweed
Tao Kae Noi
Big Roll
Snacks

269

.95 oz.



Koikeya Snack Savings!

Gokochi Potato Chips, Karamucho Hot Chili Potato Chips or Corn Snacks 1.9 to 2.29 oz.

2:53



Soy or Teriyaki Marinade

Kikkoman Sauce Sale! 1.25 quarts

899



Soft, Firm or Extra Firm

Morinaga Mori-Nu Silken Tofu 12 to 12.3 oz.

2¹⁹



Mild, Medium-Hot or Hot

House Vermont Curry Sauce Mix

4.05 oz.

279



Oriental Style **Shirakiku**

Udon Noodles

4:\$5



Japanese Style Shirakiku Chuka Soba Noodles

139

8 07.



Hi Tempura or Crispy Seaweed

Tao Kae Noi **Seaweed Snacks**

1.12 to 1.41 oz.

Without coupon 1.99, limit 6 per coupon







Roasted Seaweed

Japan Food Yaki Sushi Nori Sugatami

10 sheets

Without coupon 3.59, limit 5 per coupon







Sweet Rice

Shirakiku **Mochiko Flour** 16 oz.

Without coupon 2.39, limit 5 per coupon





1362-40

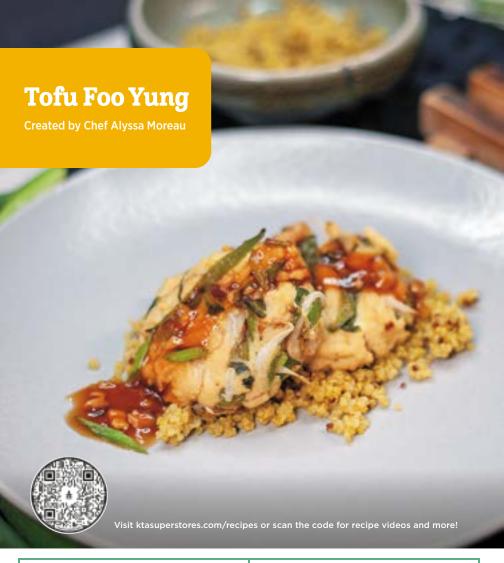


Tsubu (Coarse) or Koshi (Fine)

Shirakiku An **Red Bean Paste**

Sweetened 1.1 lbs.







Super Q Noodles Sale! Special Pancit Canton 8 oz. or Golden Bihon Cornstarch Sticks 16 oz.



Tofu Foo Yung

1 garlic clove, minced + to taste

1 tsp. minced ginger + to taste

½ cup snow peas, sliced thin

3/4 cup shiitake mushrooms, divided pg.41

4 tbsp. green onion, chopped and divided

1/4 cup sliced water chestnuts

1 tbsp. + 1 tsp. sesame oil, divided

1½ cup firm tofu, drained and dried well pg.38

1/4 to 1/2 cup rice flour

½ tsp. baking powder

1 tsp. salt pg.10

½ cup mung bean sprouts, cut up a bit (optional)

1 cup water pg.24,25

2 tbsp. shoyu pg.38

1 tbsp. arrowroot or cornstarch

1 tsp. rice vinegar

Sauté garlic, ginger, snow peas, ½ cup sliced shiitake mushrooms, 2 tbsp. green onions, and water chestnuts in pan with 1 tbsp. sesame oil until crisp tender. Remove and set aside.

Preheat oven to 350°F. Process or mash the tofu to create a creamy consistency. Add in the rice flour, baking powder and salt. Add more rice flour if tofu is too sticky.

Add in the mung bean sprouts to the sautéed vegetables and mix well. Form the vegetable mixture into $\frac{1}{2}$ " patties and place on a parchment-lined baking sheet. Bake for 20 minutes, then flip over and cook 10 minutes more or until firm and browned a bit.

While patties are baking, make the sauce. In a small bowl, combine 1 cup water, 2 tbsp. shoyu, ¼ cup chopped shiitake mushrooms, minced garlic, ginger to taste, 1 tbsp. arrowroot or cornstarch, 1 tsp. sesame oil, 1 tsp. rice vinegar and 2 tbsp. green onions.

Heat in a small pot, whisking often, until thickened. To serve, place tofu patties on a plate and cover with the sauce. Good with a side of rice.

Servings:

4 servings

Total Time:

45 minutes

Pair With:

Oyster Bay Sauvignon Blanc Wine pg.62

Pried Premium
Family Shiitake
Mushrooms
Whole or Sliced 5 oz.

539

Without coupon 5.69. limit 5 per coupon





1361-30



to May 7, 2024

Medium Hot or Hot Sichuan Style

Lee Kum Kee Sauce for Mabo Tofu 2.5 oz.

119

Natural



Ready in minutes!
Lee Kum Kee
Panda Brand
Sauce
8 oz. pouch

ee! ee nd





1916 Prime Pork Tenderloin Steak Family Pack

599



Wilmar Frozen Ground Beef

3 lb. chub

1199



Frozen Selected
Flav • R • Pac
Vegetables 12 oz.

3:\$7

Salted or Unsalted

Challenge Butter Buy!

599



Frozen Boneless Skinless

Tyson Chicken Thighs 40 oz.

679



Frozen

Tyson Chicken Nuggets or Patties

25 to 32 oz.

6⁹⁹



Kum Chun

Lee Kum Kee Oyster Sauce

Flavored 17 oz.

139

Without coupon 1.69, limit 5 per coupon







Frozen 73% Lean

Harris Ranch Ground Beef Patties

3 lbs., 12 count

14⁹⁹

Without coupon 15.99, limit 2 per coupon





il 24 to May ==



Frozen

PanaPesca Hardshell Clams

479

Without coupon 5.19, limit 3 per coupon





1524-40



May 7, 2024

Tyson Thighs or Drumsticks 40 oz.



Frozen Selected Birds Eye Steamfresh Vegetables 10 oz.

2:\$5



Selected

Banquet
Frozen
Meals
4.85 to 11.88 oz.

2:\$5



Frozen
Stouffer's
Classics
Meals
8.875 to 12.875 oz.

2:\$9



Stouffer's Large Size Meal 15.5 to 20 oz.

599



Crispy Grilled Cheesies

Oscar Mayer Lunchables Savings! 5.71 to 6.2 oz.

569



Carving Board

Oscar Mayer Meats

589





Portuguese Brand Mo'Ono or Linguica

Redondo's Sausage Hot or Mild 5 oz.

3:\$5



Redondo's Sausage Portuguese Brand Mild, Hot Lisboa 10 oz. or Jumbo Arabiki 9 oz.

2:57

Frozen Original or Southern

Banquet Crispy Fried Chicken

Without coupon 11.49, limit 3 per coupon







Mexican Style

V&V Supremo Pork Chorizo 14 oz.





Without coupon 6.79, limit 3 per coupon

Fully Cooked

Oscar Mayer Wieners or Smokies Sausages 14 to 16 oz.

Without coupon 3.99, limit 3 per coupon





1528-30



Chilled Fully Cooked Redondo's **Hawaiian Winners** 16 oz.



Chicken or Turkey
Foster
Farms
Franks
16 oz.

3!\$7



Thin Sliced
Foster Farms
Premium
Cold Cuts
8 oz.

389



Chunk, Shredded or Crumbles

Kraft Natural Cheese 5 to 8 oz.





Cheddar, Swiss or Provolone

Kraft Natural Cheese Slices

4⁵⁹



I Can't Believe It's Not Butter Spray 8 oz. or Spread 15 oz. tub

479



28% Vegetable Oil

Imperial Spread Sale!

139



Assorted Flavors Meadow Gold Punch

379



From Concentrate
Mountain Apple
Brand 100%
Orange Juice





Variety Pack

Foster Farms Cold Cuts

9 to 12 oz.

Without coupon 3.89, limit 3 per coupon







Assorted

Kraft Singles or Velveeta Slices

10.7 to 12 oz.

Without coupon 5.69, limit 3 per coupon





1529-40

Great for baking! **Imperial**

Spread

1 lb. quarters

Without coupon 1.89, limit 5 per coupon





1530-30







Deli Chicken WingsCooked Buffalo Ranch
or Salt & Vinegar
Only Available at KTA Puainako

899

Bakery Assorted 8" Pie

Cyrus O'Leary Pie Co.

1349



Ice Cream Treats Good Humor, Klondike or Magnum

649

3 to 6 count



Kitchen Fresh
Freschetta
Frozen
Pizza
22.52 to 30.7 oz.

879



Frozen Dairy Dessert

Binggrae Melona Ice Cream

849



POG, Waiawi or Chocolate Haupia

Meadow Gold Frozen Dream Bars

3;\$6



Bayer Aspirin Pain Reliever

Regular 24 count, Low Dose 32 count or Children's 36 count

3²⁹



Caplets, Tablets or Liquid Gels

Aleve Pain Reliever 20 to 24 count



Bakerv Rich's

Our Specialty Treat Shop Donuts

12.4 to 16.8 oz.

Without coupon 7.49, limit 2 per coupon



Items vary by store location.



1520-50

All Natural

Mikawaya Mochi **Ice Cream**

6 count

Without coupon 5.29, limit 3 per coupon







Assorted

Meadow Gold Ice Cream

1.5 quarts

Without coupon 6.39, limit 3 per coupon





1532-40



Effervescent or Chewable Tablets

Alka-Seltzer Relief

Hangover 20 count, **Heartburn or Pain** 24 to 36 count





Ricola Cough Drops Stick 9 count **89**¢

Family Size Ricola Cough Drops 34 to 45 ct.

5²⁹



Nutrex Supplements

BioAstin Supreme Hawaiian Astaxanthin 60 ct., Pure Hawaiian Spirulina 5 oz. Powder or Spearmint Flavor 1000 mg - 180 ct.

1499 1499 ea.



Nutrex BioAstin Supplements

Hawaiian Astaxanthin 12mg - 50 ct., EyeAstin 60 ct., JointAstin 120 ct. or TurmericAstin 30 ct.

1899



Soft or Medium

Oral-B Healthy & Clean Toothbrush

99¢





Crest Toothpaste

Cavity, Tartar Protection or Baking Soda + Peroxide Whitening 4.2 oz. **159**

Regular, Super or Super Plus

U by Kotex Click Tampons

469



Poise Protection

Moderate, Maximum or Ultimate Absorbency 27 to 66 count

15⁹⁹



All Natural

Ricola Cough Drops

19 to 24 count

229

Without coupon 2.49, limit 5 per coupon







Nutrex Supplements

BioAstin Hawaiian Astaxanthin 12mg - 25 ct., 4mg - 60 ct. or Pure Hawaiian Spirulina 500mg - 200 ct.

1199

Without coupon 12.99, limit 5 per coupon





1388-100



Leakguard Protection

Always Ultra Thin or Maxi Pads

20 to 40 count

749

Without coupon 7.99, limit 5 per coupon





1394-50



May /, 2024



Briefs with Tabs 16 to 20 ct., Fit Flex Men's, Women's Underwear 15 to 19 ct. or Guards for Men 52 ct.



White, Cool Moisture or Sensitve Skin

Dove Bar Soap 2 count

Dove

Dove **Body Wash**

Men+Care, Sensitive, **Deep Moisture** or Refreshing 11 to 13.5 oz.



Fluoride-Free

Dr. Bronner's All-One **Toothpaste** 5 oz.

799



Pure-Castile

Dr. Bronner's Liquid Soap 16 oz.



Assorted

Hawaiian **Tropic** Suncare .15 to 16 oz.



Soothing or Cooling

Banana Boat After Sun Aloe Vera Gel 8 07.



On the Go

Kleenex Slim Pack **Tissues** 3 count



A clean, fresh towel every time!

Kleenex Hand **Towels** 60 count



Assorted

Dove Shampoo or Conditioner

399

Without coupon 4.29, limit 6 per coupon









Dr. Bronner's Bar Soap

299

PUBE CASTILL BAR SOAP

ALONE SUPPLIES ARE SOAP

PUBE CASTILL BAR SOAP

ALONE SUPPLIES ARE SOAP

PUBE CASTILL BAR SOAP



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Without coupon 3.29, limit 5 per coupon

Sport, Sensitive, Kids or Baby Banana Boat SPF 50

Mineral Sunscreen

Clear Spray or Lotion 3 to 6 oz.

999

Without coupon 10.99, limit 5 per coupon





1389-100



ay 7, 2024

Kleenex Facial Tissues Savings!

Trusted Care, Lotion or Ultra Soft 120 to 160 ct.

3:\$7



Basic **Essential Everyday Foam Cups** 51 count - 8 oz.



Basic Essential Everyday Foam Cups 20 count - 16 oz.





Reynolds Wrap Aluminum Foil

30 square feet

Reynolds Wrap Parchment Paper 45 square feet

#2 White or Natural **Essential Everyday Cone**

Coffee Filters 40 count



Essential Everyday

Natural Brown Basket Coffee Filters

100 count





Complete Fresh Scent

Cascade Dishwasher Detergent 18 ActionPacs





Tide Washing Machine Cleaner With Oxi 3 count

Awesome Strength

Essential Everyday Hand Towels

8 rolls

Without coupon 8.49, limit 4 per coupon







100% Compostable

Hefty EcoSave Paper Plates

16 to 22 count

Without coupon 3.69, limit 5 per coupon







White Basket

Essential Everyday Coffee Filters

100 count

Without coupon 2 for 4.50, limit 3 sets per coupon Coupon price good on set purchase only.





1386-50



Clean & Fresh or Free & Sensitive

Tide Simply Laundry Detergent

92 oz. liquid



Tough on grease! **Palmolive Ultra Dish** Liquid 32.5 oz.



Liquid **Suavitel Fabric** Softener 46 oz.

99



3M All-Purpose Scrubbing

Scotch-Brite **Dobie Pad** 1 count



3M Scotch-Brite **Ocelo Sponges** Multi-Purpose 4 count

Power or Power & Free

Lysol **Toilet Bowl** Cleaner 24 07.



Kills cold & flu viruses!

Lysol **Disinfecting Wet Wipes** 35 count



Ultimate Alkaline AA or AAA

Essential Everyday Batteries 4 count

ea.



Long Lasting Essential Everyday Batteries C, D 4 ct. or 9V 2 ct.



Strips grease. Guaranteed!

Ajax Ultra Dish Liquid

12.4 oz.

99¢

Without coupon 1.29, limit 4 per coupon







Non-Scratch or Heavy Duty
3M Scotch-Brite
Scrub Sponges

3 count

299 ea.

Without coupon 3.49, limit 3 per coupon





il 24 to Maj

1396-50

Kills 99.9% of viruses & bacteria!

Lysol Disinfectant Spray

12.5 oz.

759 ea.

Without coupon 7.99, limit 5 per coupon





1390-40



May /, 2024

AA or AAA
Essential Everyday
Alkaline Batteries
20 count





Assorted
Essential
Everyday
Dog Food
13.2 oz.





Premium

Wild Harvest Dry Dog Food 3.5 to 4 lbs.

997



Combat Max Defense or 12 Month Roach Bait





Combat Max Killing Gel Savings!

Ant Bait 4 count or Roach 30 grams

5²⁹



The Original Kingsford Charcoal Briquets 8 lbs.





Instant Briquets

Kingsford Match Light Charcoal

1399



Deluxe

Essential
Everyday
Matchbooks

2¦\$7



Multi-Purpose Essential Everyday Lighter

119

1 count



Premium

Wild Harvest **Dry Cat Food**

3 lbs.

Without coupon 8.59, limit 5 per coupon







Regular or Max

Combat Ant or Roach Bait 6 to 12 count

Without coupon 7.99, limit 5 per coupon







The Original

Kingsford **Charcoal Briquets**

16 lbs.

Without coupon 19.99, limit 3 per coupon





1397-100



Disposable

Essential Everyday Lighters

6 count





Heineken Beer Sale!

Premium, Light, Silver 12 btls./cans or 0.0 Zero Alcohol 12 cans

1799 ea.



Beer Savings!
Bud Light 12 btls./cans,
Budweiser Regular,
Zero Alcohol, Coors
Banquet, Light or

1499

Miller Lite 12 cans



Premium Arizona Hard Iced Tea

12 cans 12 Can



Premium
Kirin
Ichiban
Beer
12 btls./cans

1399



Crisp & refreshing!
Pacifico
Clara

Clara Beer 12 btls./cans

16⁹⁹



The Beast Hard Seltzer or Nasty Beast Hard Tea

1799



Assorted Sierra Nevada Beer

12 btls./cans

1899



Artisan Craft
Big Island
Brewhaus
Beer
6 cans

14⁹⁹



Original

Jameson
Irish

Whiskey
750 ml.

2397



Imported
Tanqueray
London
Dry Gin
750 ml.

22⁹⁹



Plata or Reposado Hornitos Tequila Savings! 750 ml.

2199



Silver or Gold Jose Cuervo Especial Tequila 750 ml.

16⁹⁹



Blended
Black Velvet
Canadian
Whisky
1.75 liters

1997



Award Winning Tito's Handmade Vodka 750 ml.

16⁹⁹



Original or Flavored
Jim Beam
Bourbon
Whiskey
750 ml.

1599



Assorted
Bacardi
Rum
Sale!
750 ml.



Low sugar, carbs & calories!

Beat Box Party Punch 500 ml.



Ready-to-Enjoy
June
Shine
Spirits
12 oz.

3 of \$10

Selected
KendallJackson
Wines
750 ml.



Cabernet or Zinfandel
Freakshow
Wine
Sale!
750 ml.





Wine savings!
Risata Moscato
D'Asti or
Prosecco
750 ml.

199





Hess Select Wines 750 ml.

1399



New Zealand
Oyster Bay Rosé
or Sauvignon
Blanc Wine
750 ml.





Pair with your meal!
Clos Du Bois
California
Wines
750 ml.



Grocery

AriZona Drinks23
Best Foods Mayonnaise15
Bigelow Tea21
Bumble Bee Chunk Light Tuna7
Bush's Best Beans7
Cheetos, Fritos or Funyuns Chips
Classico Pasta Sauce9
Coca-Cola, Sprite or Dr. Pepper Soda21
Crisco Pure Oil17
Del Monte Tomato Ketchup15
Duncan Hines Cake Mix
Essential Everyday Ice Cream Cups25
Essential Everyday Sugar
Family Shiitake Mushrooms41
Fisher Peanuts
Ghirardelli Baking Chips
Ghirardelli, Lindt or Chocolove Bars35
Gold Medal All-Purpose Flour31
Hawaiian Mountain Fresh Water25
Hawaiian Sun Natural Drinks23
Heinz Apple Cider Flavored Vinegar17
Heinz Homestyle Gravy9
Hershey's Candy35
Japan Food Yaki Sushi Nori Sugatami39
Jell-O Gelatin Dessert Mix29
Krusteaz Pancake or Waffle Mix29
La Moderna Pasta11
La Tour Japanese Style Bread25
La Victoria Enchilada Sauce7
Lawry's Gravy or Spices & Seasonings11
Lee Kum Kee Oyster Sauce43
Libby's Corned Beef5
Libby's Vienna Sausage5
Lindsay Medium Black Olives15
Mariani Dried Fruits27
Maseca Corn Masa Flour29
Mezzetta Peppers or Peperoncini13
Nabisco Snacks35
Ocean Spray Juice Drink23
Piko Provisions Pure Baby Food27
Planter Cocktail Peanuts
Raley's Assorted Fruit
Shirakiku Mochiko Flour39
Swanson Chicken Broth11
Swiss Miss Hot Cocoa Mix21
Tao Kae Noi Seaweed Snacks
Wish-Bone Dressing
Yuban Ground Coffee19

Perishables

Banquet Crispy Fried Chicken	4
Foster Farms Cold Cuts	
Harris Ranch Ground Beef Patties	43
Imperial Spread	
Kraft Singles of Velveeta Slices	
Meadow Gold Ice Cream	49
Mikawaya Mochi Ice Cream	49
Oscar Mayer Wieners or Smokies	45
Our Specialty Treat Shop Donuts	49
PanaPesca Hardshell Clams	
V&V Supremo Pork Chorizo	45

Health & Beauty

Always Ultra Thin or Maxi Pads	51
Banana Boat Mineral Sunscreen	53
Dove Shampoo or Conditioner	53
Dr. Bronner's Bar Soap	53
Nutrex BioAstin or Spirulina Supplements	51
Picola Cough Drons	

Non-Foods

3M Scotch-Brite Scrub Sponges	57
Ajax Ultra Dish Liquid	57
Combat Ant or Roach Bait	
Essential Everyday Coffee Filters	55
Essential Everyday Hand Towels	55
Hefty EcoSave Paper Plates	55
Kingsford Charcoal Briquets	59
Lysol Disinfectant Spray	57
Wild Harvest Cat Food	



DOWNTOWN, HILO

Mon-Sat 7am to 8pm, Sun 7am to 7pm 321 Keawe St......935-3751

PUAINAKO, HILO

5:30am to 10pm 50 East Puainako St.959-9111 Pharmacy959-8700

WAIMEA

6am to 8pm Waimea Center......885-8866 Pharmacy......885-0033

KTA EXPRESS, KEALAKEKUA

Mon-Sat 6am to 8pm, Sun 9am to 6pm 81-6602 Mamalahoa Hwy......323-1916 **WAIKOLOA VILLAGE**

6am to 8pm Waikoloa Highlands Center ... 883-1088 Pharmacy883-8434

KAILUA-KONA

6am to 9pm Kona Coast Shopping Center.... 329-1677

KEAUHOU, KONA

7am to 8pm Keauhou Shopping Center..... 322-2311 Pharmacy...... 322-2511

KTA DELIVERY

9am to 8pm - in the Hilo area Order at delivery.ktasuperstores.com

Store hours are subject to change. Visit ktasuperstores.com/store-locator for current hours.

G I F T (1) C A R D PHOTO CONTEST

HELP US VOTE FOR THE BEST SHOT!

We need your help to choose the next 2024 Limited Edition KTA Gift Cards

VOTE SEMI-FINALISTS: April 22 to 28, 2024

CHYOTEAT KTASUPERSTORES.COM/PROMOTIONS

7 Semi-finalists selected by the public will win a \$100 KTA Gift Card 3 Grand Prize winners will win a \$300 KTA Gift Card